

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application.

**Listing of Claims:****Claim 1**

1. (canceled)

**Claim 2**

2. (canceled)

**Claim 3**

3. (currently amended)      A muscle strengthening and rehabilitation apparatus comprising:

a flat, oblong first surface, having a major and minor diameter,

a hemi-arc second surface protruding from said flat, oblong first surface,

Wherein the length of the major diameter of said first surface is 13.5 inches, wherein the length of the minor diameter of said first surface is 6.0 inches, and the thickness, defined as the distance from the first surface to the second surface measured along a line approximately normal to the first surface and passing through the intersection of the major and minor diameters is 3.0 inches.

**Claim 4**

4. (canceled)

**Claim 5**

5. (canceled)

**Claim 6**

6. (canceled)

**Claim 7**

7. (canceled)

**Claim 8**

8. (canceled)

**Claim 9**

9. (canceled)

**Claim 10**

10. (currently amended) The muscle strengthening and rehabilitation apparatus of claim 3, wherein the apparatus comprises a foam material having a density of 3.0 lbs. per cubic foot, to allow adequate condensing of material when pressure is placed through said flat, oblong first surface, transferring load through to said hemi-arc second surface protruding from said flat, oblong first surface.

**Claim 11**

11. (canceled)

**Claim 12**

12. (canceled)

**Claim 13**

13. (canceled)

**Claim 14**

14. (canceled)

**Claim 15**

15. (canceled)

**Claim 16**

16. (currently amended) The muscle strengthening and rehabilitation apparatus of claim 3, wherein disposing the apparatus comprises placing at least one foot on the first surface, and placing the second surface in contact with a wall.

**Claim 17**

17. (canceled)

**Claim 18**

18. (currently amended) The muscle strengthening and rehabilitation apparatus of claim 3, wherein disposing the apparatus comprises placing at least one hand on the first surface, and placing the second surface in contact with a wall.

**Claim 19**

- (currently amended) The muscle strengthening and rehabilitation apparatus of claim 3, wherein disposing the apparatus comprises placing at least one hand on the first surface, and placing the second surface in contact with the floor.

**Claim 20**

20. (canceled)

**Claim 21**

21. (new) The muscle strengthening and rehabilitation apparatus of claim 3, wherein, the entire surface of said flat, oblong first surface is sprayed and chemically bonded with a non-slip coating.